

# PPPT Exercise Session Form

EL: \_\_\_\_\_ Date: \_\_\_\_\_  
 Pregnant: \_\_\_\_\_ Postpartum: \_\_\_\_\_ Pregnant & Postpartum:  X

Focus of the day:  Upper and Lower body Work out as a circuit   
 + take pulse or rate of perceived exertion

Format #1: _____	Format #2: <u> X </u>	Format #3: _____
·Centering	·Centering	·Centering
·Strength (standing, then seated)	·Strength	·Strength
·Flexibility (may mix with Strength)	·Cardiovascular	·Special Exercises/Individual/
·Special Exercises/Individual	·Flexibility	·Cardiovascular
·Relaxation	·Individual/Special Exercises	·Flexibility
·Cardiovascular	·Relaxation	·Relaxation
·Centering	·Centering	·Centering

## SESSION PLAN:

COMPONENT	TIME	ACTIVITY	DETAILS
Accountability	2 Minutes	Check attendance, clothing, attitude	Remind soldiers to work out their own pace.
Centering	2 Minutes	Stand neutral position; Mental focus; Balance by rocking; Deep breathing with hiss/compress	Rock forward and back then side to side - repeat 3X Reach arms overhead and inhale, lower arms and exhale with hiss –repeat 3X
Circuit Training with 8 stations	30 Minutes (Repeat 2X – 15 minutes each cycle)	1 Hip Extension standing * 2 Knee bender/modified * 3 Leg curls * 4 Push up on knees or wall 5 Seated row* 6 Upper back extension 7 Shoulder retraction seated* 8 C-curls or curl downs	At each station do 3 sets of 10 if 1 & 2 tri, postpartum and 2 sets of 8 if 3 <sup>rd</sup> tri * Use resistance band when needed for resistance. Between each cycle walk/jog/run in a circle for ~2 minutes
Special Exercise	5 Minutes	+ Kegels Piriformis release and stretch	3 minutes 2 minutes – each side 2X
Flexibility	4 Minutes	Abdominal stretch, groin, hip/ back stretch, quad and hamstring stretch, chest & upper back stretch, overhead arm pull	Do 2X standing – hold 20 seconds; Do 2X seated on the floor - hold 20 seconds each
Individual Work	5 Minutes	Soldier choice	2 or 3 sets of 12 reps
Relaxation	3 Minutes	Imaging; listen to music	Explain relaxation technique
Centering	3 Minutes	Seated	Rock forward/ back then side to side - Reach arms overhead and inhale, lower arms exhaling with hiss – repeat 3X

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EL: \_\_\_\_\_ Date: \_\_\_\_\_  
 Pregnant:   X   Postpartum: \_\_\_\_\_ Pregnant & Postpartum: \_\_\_\_\_

Focus of the day: Full body strength and flexibility with cardiovascular circuit

\* take pulse or rate of perceived exertion

Format #1: _____	Format #2: _____	Format #3: <u>  X  </u>
·Centering	·Centering	·Centering
·Strength (standing, then seated)	·Strength	·Strength
·Flexibility (may mix with Strength)	·Cardiovascular	·Special Exercises/Individual
· Special Exercises/Individual	·Flexibility	·Cardiovascular
·Relaxation	·Individual/Special Exercises	·Flexibility
·Cardiovascular	·Relaxation	·Relaxation
·Centering	·Centering	·Centering

## SESSION PLAN:

COMPONENT	TIME	ACTIVITY	DETAILS
Accountability	2 minutes	Check attendance, clothing, attitude	Remind to work at own pace
Centering	2 minutes	Stand neutral position; Mental focus; Balance by rocking; Deep breathing with hiss/compress	Rock forward/ back then side to side - Reach arms overhead and inhale, lower arms and exhale with hiss –repeat 3X
Strength/ Flexibility/ Special Exercise Cardiovascular Circuit	50 minutes	Warm-up w/walk* Use hand weights or bands for resistance where appropriate, do these exercises and stretches with a slow jog or fast walk in place w/arms pumping for 2 minutes between each – ALL STANDING - hip extensions, mini-squats, pelvic tilts, flies, horizontal arm extension, lateral shoulder raise; kegels, c-curves, quad/hip flexor stretch, hamstring stretch, upper back, chest, side, and abdominal stretches Cool down - walking *	5 minutes 35 minutes Strength – repeat for each 1 <sup>st</sup> tri - 3 sets of 12 reps 2 <sup>nd</sup> tri – 3 sets of 10 reps 3 <sup>rd</sup> tri - 2 sets of 8 reps Flexibility – repeat 3X each holding 20 seconds Use light hand weights (3,5,8,10 lbs.) for strength exercises. 5 minutes
Relaxation	4 minutes	Deep abdominal breathing - standing	Explain relaxation technique Make announcements
Centering	2 minutes	Stand neutral position; Mental focus; Balance by rocking; Deep breathing with hiss/compress	Rock forward/ back then side /side - Reach overhead and inhale, lower arms exhaling with hiss – repeat 3X each

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Focus of the day:  Upper and Lower body workout with cardio between circuits

\* take pulse or rate of perceived exertion

Format #1:  X

- Centering
- Strength (standing, then seated)
- Flexibility (may mix with Strength)
- Special Exercises/Individual
- Relaxation
- Cardiovascular
- Centering

Format #2: \_\_\_\_\_

- Centering
- Strength
- Cardiovascular
- Flexibility
- Individual/Special Exercises
- Relaxation
- Centering

Format #3: \_\_\_\_\_

- Centering
- Strength
- Special Exercises/Individual/
- Cardiovascular
- Flexibility
- Relaxation
- Centering

## SESSION PLAN:

COMPONENT	TIME	ACTIVITY	DETAILS
Accountability	2 Minutes	Check attendance, clothing, attitude	Remind soldiers to work out their own pace.
Centering	2 Minutes	Stand neutral position; Mental focus; Balance by rocking; Deep breathing with hiss/compress	Rock forward/ back then side to side - Reach arms overhead and inhale, lower arms and exhale with hiss –repeat 3X
Circuit Training with Strength and Flexibility stations	45 Minutes (Repeat 3X)	1 Knee bender/modified 2 Leg curls with resistance band 3 Adduction standing 4 Abduction/3 <sup>rd</sup> Tri Isometrics 5 Push up on knees or wall 6 Seated row with resistance band 7 Shoulder retraction seated 8 Curl downs 9 Groin stretch 10 Hip/ back stretch 11 Quad and hamstring stretches 10 Chest stretch 12 Upper back stretch 13 Overhead arm pull 14 Abdominal stretch	Set up stations across side length of gym <i>Do 1 set at each station, repeating circuit 3 times, approximately one minute per station</i> Strength - 1 tri & PP – 1 set of 12 reps 2 tri - 1 set of 10 reps 3 tri - 1 set of 8 reps Flexibility - 3X each hold for 15 seconds Between each circuit walk/jog/run across gym and back 2X
Special Exercise/ Indiv	3 Minutes	Piriformis release and stretch	3 minutes– each side 2X
	3 Minutes	Soldier choice	2 or 3 sets of 12 reps
Relaxation	3 Minutes	Imaging; listen to music	Explain relaxation technique
Centering	3 Minutes	Seated	Rock forward/ back then side to side - Reach arms overhead and inhale, lower arms exhaling with hiss – repeat 3X

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EL: \_\_\_\_\_ Date: \_\_\_\_\_  
 Pregnant: \_\_\_\_\_ Postpartum: \_\_\_\_\_ Pregnant & Postpartum:  X

Focus of the day:  Circuit Trg - Upper and Lower body workout with cardio afterwards

\* take pulse or rate of perceived exertion

Format #1: _____	Format #2: _____	Format #3: <u> X </u>
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·Strength (standing, then seated)	·Strength	·Strength
·Flexibility (may mix with Strength)	·Cardiovascular	·Special Exercises/Individual/
·Special Exercises/Individual	·Flexibility	·Cardiovascular
·Relaxation	·Individual/Special Exercises	·Flexibility
·Cardiovascular	·Relaxation	·Relaxation
·Centering	·Centering	·Centering

## SESSION PLAN:

COMPONENT	TIME	ACTIVITY	DETAILS
Accountability	2 Minutes	Check attendance, clothing, attitude	Remind soldiers to work out at their own pace.
Centering	2 Minutes	Stand neutral position; Mental focus; Balance by rocking; Deep breathing with hiss/compress	Rock forward/ back then side to side - Reach arms overhead and inhale, lower arms and exhale with hiss –repeat 3X
Circuit Training with Strength/ Flexibility/ Special Exercise/ Individual stations	30 Minutes	1 Knee bender/modified + 2 Leg curls + 3 Abduction standing + 4 Adduction on floor 5 Quad and hamstring stretches 6 Groin and hip/ back stretch 7 Piriformis release and stretch 8 Push up on knees or wall 9 Seated row + 10 Shoulder retraction seated+ 11 Chest stretch 12 Upper back stretch 13 Curl downs 14 Abdominal stretch 15 Kegels	Set up stations around gym Do designated reps at each station, complete circuit through one time, 2 minutes per station  Strength - 1 tri & PP – 3 sets of 12 reps 2 tri - 3 sets of 10 reps 3 tri - 2 sets of 8 reps + May use band for resistance  Flexibility - 3X each hold for 15 seconds
Relaxation	3 Minutes	Imaging; listen to music	Explain relaxation technique
Cardiovascular	20 Minutes	Walk */Jog or Run in gym or on track/ Walk for cool-down*	Timed effort, at Soldier's own pace with partner
Centering	3 Minutes	Standing	Rock forward/ back then side to side - Reach arms overhead and inhale, lower arms exhaling with hiss – repeat 3X

